

# POWER OF GRATITUDE

OPEN DOOR TO UNIVERSE WHERE EVERYTHING IS  
POSSIBLE

# WELCOME

GLOBAL LEADERSHIP NURTURING ACADEMY

WELCOMES YOU IN WEBINAR

# WHAT IS GRATITUDE?

## Gratitude is to

- say thank, to appreciate, to be grateful
- say it by heart and feel it. It is difficult to feel when attention is divided
- your body language and expression shall be in line with what you say
- mean it what you say

# GRATITUDE

John F Kennedy Said

*“When we express gratitude, we must never forget that highest appreciation is not to utter words but to live by them”*



# GRATITUDE

## Five things we can control every day

- Attitude
- Words
- Actions
- Manner
- Efforts

Gratitude can be part of five controls

# GRATITUDE

## We teach children to respect elders

- A child does not see any flaw in any body.
- They spread love wherever they go.
- Those who value others ,becomes valuable

We need to learn from children

# GRATITUDE

Make list you are grateful for

- Parent
- Guru
- God
- Family
- Friends
- Colleagues
- Universe

# BENEFITS OF GRATITUDE

- Increase soul power
- Improves mental power
- Make you healthy, wealthy, and wise
- Help in good sleep
- Good grades to kids
- Performance improves
- Cures mental illness and trauma



# HOW TO ENHANCE GRATITUDE

## ❖ Ask four questions daily

- what touched me today
- What and who inspired me today
- What made me smile
- What memories give you smile

Offer your gratitude to all who made your day

# HOW TO ENHANCE GRATITUDE

- See yourself peaceful soul
- Notice good in everything
- Pay attention to good things
- Express gratitude to you and others
- Write gratitude journal
- Practice gratitude rituals
- Write gratitude letter

# HOW TO ENHANCE GRATITUDE

- Tell people personally how you feel
- Do something for others
- Practice affirmation
- Practice meditation
- Practice visualization- pray god
- Acknowledge sacrifice of others
- Focus on your strength

# HOW TO ENHANCE GRATITUDE

- Embrace challenge and turn into opportunity
- Use gratitude rock
- Gratitude wall with sticky notes
- Appreciation chair
- Share benefits of gratitude to friends
- Share gratitude on social media
- Make people feel good

# WHEN GRATITUDE NOT WORK

- Ego
- Intention is not good
- Approach to gratitude is half hearted

# BEST RULE FOR GRATITUDE

- Treat people the way you like to be treated
- People forget everything, but never forget how better you make them feel.
- Feeling gratitude and not expressing it is like wrapping a present and not giving it

M.K. Gandhi said

*“You may never know what result come from your action. But if you do nothing, there will be no result.”*

**THANK YOU**

**Best wishes for year 2021**